



early childhood community development centre

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## Split Pea and Tomato Soup

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*Ingredients - makes 6 1-cup servings*

- 2 cups dried split peas
- 4 cups water
- 1 onion, chopped
- 1 celery stalk, chopped
- 2-1/2 cups tomato juice
- 1 Tbsp flour
- 1 Tbsp margarine
- salt & pepper

*Directions*

1. Rinse split peas and drain. Put split peas and fresh water in a large heavy saucepan. Turn on stove to high heat. Heat to boiling and cook 2 minutes. Turn stove off and let stand for 30 minutes. Do not drain.
2. Add chopped onion and celery to split peas. Turn heat to medium-high. Cook and stir mixture until it boils. Then turn heat to low. Partly cover the saucepan, and simmer until peas are tender, about 1 to 1-1/2 hours. Add a little more water, if needed.
3. Mash pea mixture with a vegetable masher.
4. Stir tomato juice into pea mixture. Turn heat to medium.
5. Mix flour and margarine in a small bowl until they make a paste. Stir into pea-tomato mixture. Cook and stir until thickened, about 5 to 7 minutes. Add salt and pepper to taste.

Source: The Basic Shelf Cookbook (1994), City of York Health Unit

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